

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 01060, Milk, filled, fluid, with lauric acid oil

Report Date: December 09, 2015 15:15 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Proximates							
Water	g	87.73	60	0.099	214.06	26.76	856.24
Energy	kcal	63	--	--	154	19	615
Energy	kJ	262	--	--	639	80	2557
Protein	g	3.33	18	0.082	8.13	1.02	32.50
Total lipid (fat)	g	3.40	56	0.024	8.30	1.04	33.18
Ash	g	0.80	4	0.031	1.95	0.24	7.81
Carbohydrate, by difference	g	4.74	--	--	11.57	1.45	46.26
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	4.74	--	--	11.57	1.45	46.26
Minerals							
Calcium, Ca	mg	128	7	5.984	312	39	1249
Iron, Fe	mg	0.05	1	--	0.12	0.02	0.49
Magnesium, Mg	mg	13	1	--	32	4	127
Phosphorus, P	mg	97	6	5.864	237	30	947
Potassium, K	mg	139	2	--	339	42	1357
Sodium, Na	mg	57	3	3.287	139	17	556
Zinc, Zn	mg	0.36	--	--	0.88	0.11	3.51
Copper, Cu	mg	0.010	--	--	0.024	0.003	0.098
Manganese, Mn	mg	0.002	--	--	0.005	0.001	0.020
Selenium, Se	µg	2.0	--	--	4.9	0.6	19.5
Vitamins							
Vitamin C, total ascorbic acid	mg	0.9	--	--	2.2	0.3	8.8
Thiamin	mg	0.030	2	--	0.073	0.009	0.293

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Riboflavin	mg	0.123	7	0.019	0.300	0.038	1.200
Niacin	mg	0.087	3	0.003	0.212	0.027	0.849
Pantothenic acid	mg	0.301	--	--	0.734	0.092	2.938
Vitamin B-6	mg	0.040	--	--	0.098	0.012	0.390
Folate, total	µg	5	--	--	12	2	49
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	5	--	--	12	2	49
Folate, DFE	µg	5	--	--	12	2	49
Choline, total	mg	15.0	--	--	36.6	4.6	146.4
Vitamin B-12	µg	0.34	--	--	0.83	0.10	3.32
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	2	--	--	5	1	20
Retinol	µg	2	--	--	5	1	20
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	7	--	--	17	2	68
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.32	0.04	1.27
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	0.8	--	--	2.0	0.2	7.8
Lipids							
Fatty acids, total saturated	g	3.101	--	--	7.566	0.946	30.266
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.173	29	0.010	0.422	0.053	1.688
10:0	g	0.130	29	0.008	0.317	0.040	1.269
12:0	g	2.047	29	0.074	4.995	0.624	19.979
14:0	g	0.399	29	0.026	0.974	0.122	3.894
16:0	g	0.191	29	0.018	0.466	0.058	1.864

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
18:0	g	0.148	29	0.012	0.361	0.045	1.444
Fatty acids, total monounsaturated	g	0.100	--	--	0.244	0.031	0.976
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.100	29	0.014	0.244	0.031	0.976
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.010	--	--	0.024	0.003	0.098
18:2 undifferentiated	g	0.008	29	0.003	0.020	0.002	0.078
18:3 undifferentiated	g	0.000	29	0.000	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	2	--	--	5	1	20
Phytosterols	mg	3	--	--	7	1	29
Amino Acids							
Tryptophan	g	0.047	--	--	0.115	0.014	0.459
Threonine	g	0.150	--	--	0.366	0.046	1.464
Isoleucine	g	0.201	--	--	0.490	0.061	1.962
Leucine	g	0.326	--	--	0.795	0.099	3.182
Lysine	g	0.264	--	--	0.644	0.081	2.577
Methionine	g	0.084	--	--	0.205	0.026	0.820
Cystine	g	0.031	--	--	0.076	0.009	0.303
Phenylalanine	g	0.161	--	--	0.393	0.049	1.571
Tyrosine	g	0.161	--	--	0.393	0.049	1.571
Valine	g	0.223	--	--	0.544	0.068	2.176
Arginine	g	0.121	--	--	0.295	0.037	1.181
Histidine	g	0.090	--	--	0.220	0.027	0.878
Alanine	g	0.115	--	--	0.281	0.035	1.122
Aspartic acid	g	0.253	--	--	0.617	0.077	2.469
Glutamic acid	g	0.697	--	--	1.701	0.213	6.803
Glycine	g	0.070	--	--	0.171	0.021	0.683

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Proline	g	0.323	--	--	0.788	0.099	3.152
Serine	g	0.181	--	--	0.442	0.055	1.767
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0